

COMING IN THE SPRING

City of Loma Linda

Patio Gardening

at the Senior Center

*Grow your own
fruits and
vegetables*



*Share in
Exercise and
Friendship*



Cultivate a Garden with Friends

- Bring your plant seedlings and start your Spring gardening in raised bed containers in our friendly outdoor patio
- The elevated containers eliminate kneeling, bending, and stooping (allows access for those with wheelchairs and walkers)
- Each 4' x 4' container is sturdy and durable so as to provide support while gardening
- Tool shed provided and includes:
 - Soil amenities
 - Garden hoses
 - Garden tools (including special fist grip garden tools to relieve stress at hand and wrist)
- Complimentary newsletters and workshops that include health tips and garden ideas
- Bring a friend or spouse to join in the gardening fun
- For sign ups/information please call the Loma Linda Senior Center
(909) 799-2820